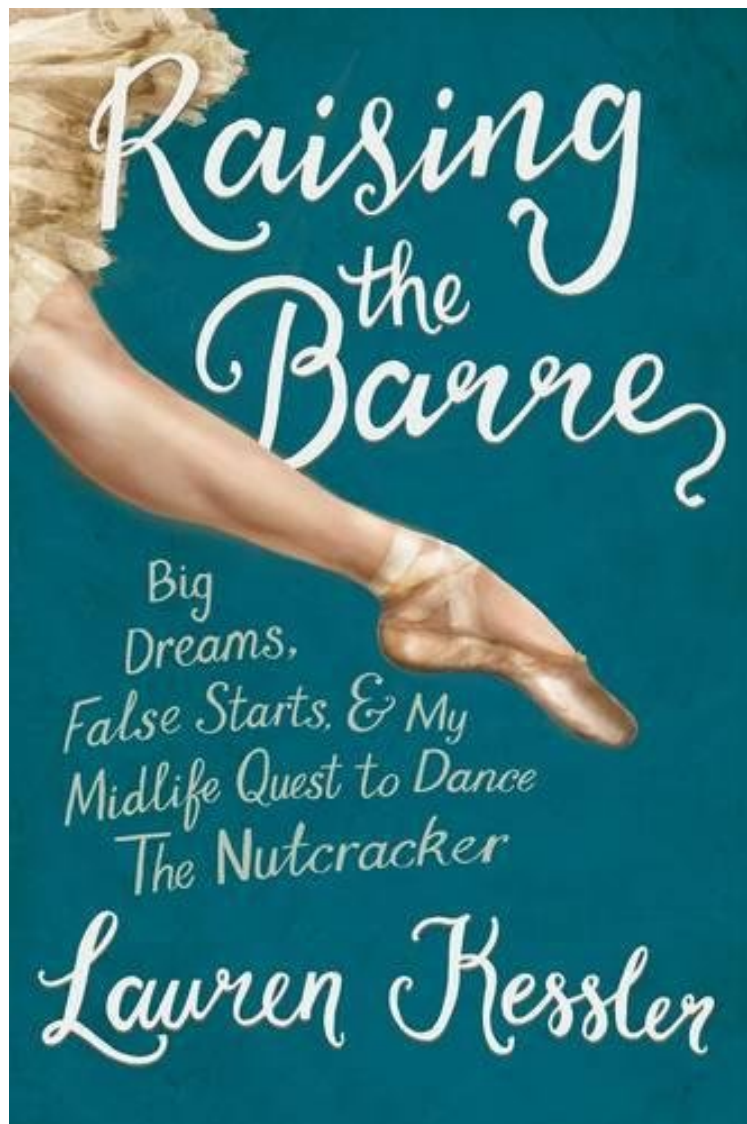


[Free read ebook] Raising the Barre: Big Dreams, False Starts, and My Midlife Quest to Dance the Nutcracker

Raising the Barre: Big Dreams, False Starts, and My Midlife Quest to Dance the Nutcracker

Lauren Kessler

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#69498 in Books Lauren Kessler 2015-11-24 2015-11-24 Original language: English PDF # 1 8.50 x 1.00 x 5.88l, .85 #File Name: 0738218316272 pages Raising the Barre Big Dreams False Starts and My Midlife Quest to Dance the Nutcracker | File size: 20.Mb

Lauren Kessler : Raising the Barre: Big Dreams, False Starts, and My Midlife Quest to Dance the Nutcracker before purchasing it in order to gauge whether or not it would be worth my time, and all praised Raising the Barre: Big Dreams, False Starts, and My Midlife Quest to Dance the Nutcracker:

27 of 28 people found the following review helpful. Hooray for Adult Dancers
By John Ash
Just as I was about to hang up my ballet slippers at seventy-one years of age. I read about Lauren's book in People Magazine. To me Raising the Barre, is the best D.I.Y. book for aging dancers ever written. Yes I enjoyed all the history, but mostly I enjoyed all the exercise tips to prepare a dancer for the overwhelming demands of class and rehearsals. I especially enjoyed the detailed explanation of the dancers belt. They never explained it in quite that way at my beginning ballet class. I started ballet at age sixty-seven. This is my third season dancing in the Nutcracker. My thanks to Lauren for giving voice to the challenges all Adult Class dancers face in an art dominated by fabulously fit twenty year olds.
9 of 9 people found the following review helpful. Wonderful book about ballet and transformation!
By MacMaven
So enjoying reading Lauren Kessler's book, Raising the Barre! I love how readable the book is, like having a conversation with your best friend. I am enjoying the historical background about ballet, ballet stars, coaches, troupes, and ballet companies. I love reading about someone who immerses themselves into a topic and Lauren does not disappoint - I've learned more about ballet reading her book than I have learned about ballet in my lifetime! A wonderful step into her experience.
8 of 8 people found the following review helpful. I know this person.
By BWinkle
I was a professional ballerina in NYC. I've directed many Nutcrackers since and I've heard her story many times from cast members. " I always wanted to do this and never thought I could." But Lauren captured so much with her skills of choosing the words and phrases that spoke as easily as our center allegro speaks to us. I marvel at her precise language. It took me back. I loved every moment.

Like generations of little girls, Lauren Kessler fell in love with ballet the first time she saw The Nutcracker, and from that day, at age five, she dreamed of becoming a ballerina. But when she was twelve, her very famous ballet instructor crushed those dreams along with her youthful self-assurance and she stepped away from the barre. Fast forward four decades. Lauren suddenly, powerfully, itchy restlessly at midlife embarks on a Transcontinental Nutcracker Binge Tour, where attending a string of performances in Chicago, New York, Boston, and San Francisco reignites her love affair with the ballet and fuels her girlhood dream. What ensues is not only a story about The Nutcracker itself, but also an inside look at the seemingly romantic but oh-so-gritty world of ballet, about all that happens away from the audience's eye that precedes the magic on stage. It is a tale told from the perspective of someone who not only loves it, but is also seeking to live it. Lauren's quest to dance The Nutcracker with the Eugene Ballet Company tackles the big issues: fear, angst, risk, resilience, the refusal to settle in to midlife, the refusal to become yet another Invisible Woman. It is also a very funny, very real look at what it's like to push yourself further than you ever thought you could go and what happens when you get there.

Publishers Weekly, 10/26/15 [Kessler] inspires readers as she realizes that you can't feel the thrill unless you take the risk. People, 12/7/15 [Kessler's] book is eloquent, funny and so inspiring that readers might want to attempt the impossible' too. Eugene Weekly, 11/19/15 With a funny and warm writing style, Kessler describes a history of doubts, from the poking comments of her early dance teachers to her powerful drive to succeed in Eugene Ballet Company's performances by any means necessary. Kirkus, 10/15/15 Kessler has a wonderfully self-conscious mettle as well, not to mention a deft hand with the evocative expression of her inner feelings. She provides a useful vest-pocket history of ballet, and The Nutcracker in particular, and she ably captures the abundant physical punishment. An amusingly shrewd memoir of following a lifelong dream. Library Journal, 12/4/15 This delightful story of one woman's personal quest will be enjoyed by anyone who thinks age is just a number, but Nutcracker fans will find it especially appealing.